



## Warrington Dolphins Long Distance Swimming Club

### Annual Report 2020

I'd like to thank you all for your support during the year, for your patience during what has been a very challenging and difficult year for us all. The report format is slightly different to last year given that most of the year saw training and swims cancelled.

There are many firsts for the Warrington Dolphins, a complete cancellation of indoor training for 6 months, all Budworth training postponed and no Budworth Handicap or Budworth Championships! On a lighter note, we held our first online Zoom meeting in April which contained a few technical issues but became the new norm for us to meet. We did manage one socially distance meeting held under a tree at Walton Gardens in August (due to storms forecast!) with new co-opted committee members (dogs on walks!).

I'd like to make a special thank you firstly to the retiring committee for all their support in 2020. To **David Bowker** who took over the role as Treasurer and to **Julie Trevor and Anita Dodd** for their contributions to this year. I want to say thank you to the committee for the support in getting our indoor training back this year, for helping with the risk assessments and running of training. We had pressures to make sure our training was Covid safe and I'd like to say I think the committee did a fantastic job in making sure people are safe.

I would also like to say thank you to **Stuart Ainsworth**, Membership Secretary and for providing analysis of our membership. Stuart has developed an online membership form which we hope to launch in 2021 and thank Stuart for his contribution throughout 2020.

**Caroline Lewis** has led what was formally known as the Postal Swim and moved all administration online with a new name, One Hour Swimming Challenge. Caroline represented the Dolphins at the BLDSA committee meetings and we saw a number of swimmers take part moving to online entries. Making changes is never easy but I would like to thank Caroline for driving this forward this year.

**Kalliopi Sinclair** successfully ran the 1500m Championships in February where we saw some very quick times recorded. Running any event takes a lot of time and co-ordination and Kalliopi had everything under control on what was a very enjoyable and successful swim.

I'd also like to thank **Georgina Halford** for supporting as Safeguarding Officer this year and important role for our training to take place.

Communication was key when the pandemic hit and **Larry Richard** made sure that our website was updated with all the information when announcements were made.

I would also like to thank the 2019 retiring committee in their support in handover and good wishes throughout the year. To **Michaela Richard** is making sure I had all the information I needed when taking over as President. To **Caroline Lewis** in supporting David as Treasurer and to **Karen Hodgkins** in passing on the information for Safeguarding. I would also like to thank **Mandy Reid** for her amazing effort over the years in running the Postal Swim.

2020 was like no other and I really hope that 2021 offers some hope to us all. My thanks to you all for your continued support and please find overleaf details of some events that did take place this year despite the pandemic.

Rob Waterhouse  
President: Warrington Dolphins LDSC.

## January

The year started with the **BLDSA One Hour Swimming Challenge (OHC)**, formally known as the Postal Swim. organised internationally by Dolphin Caroline Lewis. This year the format was the same but We had a good turn-out this year again. Many thanks to everyone who entered and to all the lane counters. See full results on the BLDSA Postal Swim Website.

[OHC Results 2020 \(2\).xlsx \(bldsa.org.uk\)](#)

## February

The 9th 1500m Indoor Championships were completed successfully on 29<sup>th</sup> February 2020 at Irlam & Cadishead Leisure Centre.

Congratulations to the winners:

**1500m Senior Gents – 1<sup>st</sup> Place**

**9<sup>th</sup> 1500m Indoor Swimming Championships – 29 February 2020 – Warrington Dolphins LDSC**

### Results

#### 1500m Senior Gents

Position	Forename	Surname	Club	Finishing Time
1	Peter	Gaskell	Triathlon Club Team Pie	00:18:23
2	Daniel	Wall	Warrington Dolphins LDSC	00:19:44
3	Christopher	Green	Thatto Cycles Race Team	00:21:30
4	Peter	hulme	Manchester Triathlon Club	00:22:26
5	Sean	Spillane	Howe Bridge Marlins LDSC	00:22:29
6	Steve	Hall		00:22:45
6	Dan	Prescott	Howe Bridge Marlins LDSC	00:22:45
7	Jonathan	Hyde	Howe Bridge Marlins LDSC	00:23:40
8	Gary	Robinson	Manchester Triathlon Club	00:23:46
9	Simon	Moss	Manchester Triathlon Club	00:25:54
10	Andy	Wright	Warrington Dolphins LDSC	00:25:55
11	Chris	Bennett	Howe Bridge Marlins LDSC	00:30:36
12	Chris	Carter	Warrington Dolphins LDSC	00:33:20
13	Stephen	Pollard		00:36:49
14	David	Bowker	Warrington Dolphins LDSC	00:41:05

#### 1500m Senior Ladies

Position	Forename	Surname	Club	Finishing Time
1	Alice	Davies	Manchester Triathlon Club	00:19:55
2	Georgina	Halford	Warrington Dolphins LDSC	00:22:36
3	Kathy	Wellam	Manchester Triathlon Club	00:24:08

4	Cathy	Atkinson	Manchester Triathlon Club	00:25:05
5	Lucy	Trevor	Warrington Dolphins LDSC	00:25:11
6	Anita	Dodd	Warrington Dolphins LDSC	00:27:41
6	Julie	Trevor	Warrington Dolphins LDSC	00:27:41
7	Kelly Anne	Towns	Ashton Central SC	00:27:04
8	Clare	Unsworth	Howe Bridge Marlins LDSC	00:29:48
9	Antonia	Segura	Howe Bridge Marlins LDSC	00:36:18

### 1500m Junior Boys

Position	Forename	Surname	Club	Finishing Time
1	Josh	Crews	Manchester Triathlon Club	00:18:26

### 1500m Junior Girls

Position	Forename	Surname	Club	Finishing Time
1	Sophia	Sinclair	Warrington Dolphins LDSC	00:24:11
2	Ruby	Allen-Brown	Ashton Central SC	00:24:15
2	Hannah	Towns	Ashton Central SC	00:24:15
3	Maggie	Allen-Brown	Ashton Central SC	00:32:43

Peter Gaskell, Triathlon Club Team Pie, 18:23

#### 1500m Senior Ladies – 1<sup>st</sup> Place

Alice Davies, Manchester Triathlon Club, 19:55

#### 1500m Junior Boys – 1<sup>st</sup> Place

Josh Crews, age 15, Manchester Triathlon Club, 18:26

#### 1500m Junior Girls – 1<sup>st</sup> Place

Sophia Sinclair, age 15, Warrington Dolphins LDSC, 24:11

#### Swimmer who Finished closest to their estimated time :

Peter Hulme, Manchester Triathlon Club , (Time Difference 4 sec)

### Highlights:

- A total of 31 swimmers took part, 21 from visiting clubs, and 10 from the Dolphins.
- 4 swimmers achieved Finishing Time less than 20 minutes.
- Warrington Dolphins won :
  - 2<sup>nd</sup> place in Seniors Gents ( Dan Wall, 19:44),
  - 2<sup>nd</sup> place in Seniors Ladies (Georgina Halford, 22:36)
  - 1<sup>st</sup> place in Juniors Girls (Sophia Sinclair, 24:11)
- Anita and Julie have always claimed that they swim at the same pace, and this was proved indeed to be very true, since they managed to achieve the exact same finishing time of 27:41, despite swimming in different heats and different lanes.
- A big thank you to all the Dolphins who helped on the day with refereeing, counting and timekeeping

## **BLDSA Distance Weekend (29/2 - 1/3)**

From Rob Waterhouse

I attended the 3<sup>rd</sup> BLDSA Long Distance Weekend held in Charlton on 29<sup>th</sup> February and 1<sup>st</sup> March. The weekend is an amazing, you meet swimmers with various levels of experience, some who are taking on open water for the first time to people taking on the 20 bridges in Manhattan, the lake district and of course the English Channel.

The weekend is really well put together and for me is now becoming one of the highlights of the year. You receive 1-1 stroke analysis, in depth discussions on technique, approach to swims, nutrition and of course you get to swim in one of the best 50m pools in the country, Charlton Lido. In addition, you can be really open with swimmers about any fears you have and that's what I find really beneficial. You bond with people and I have forged some really good friendships with people who I now speak with on a weekly basis.

Anyone who is a member of the BLDSA can apply to attend in January when the course opens up and every time I have been, I have come back energised and motivated for the season ahead.



**Charlton Lido 50m pool**